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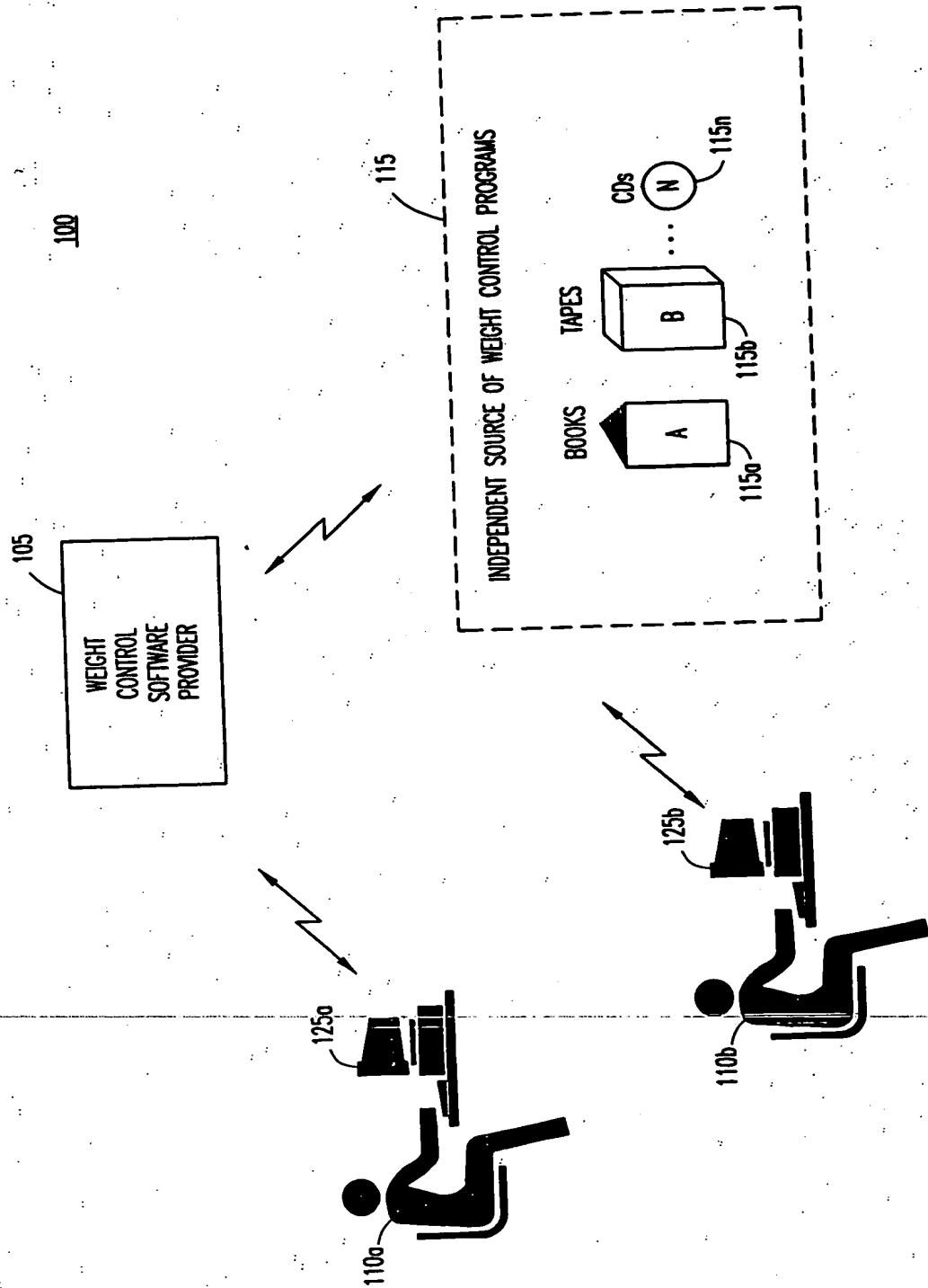


FIG. 1

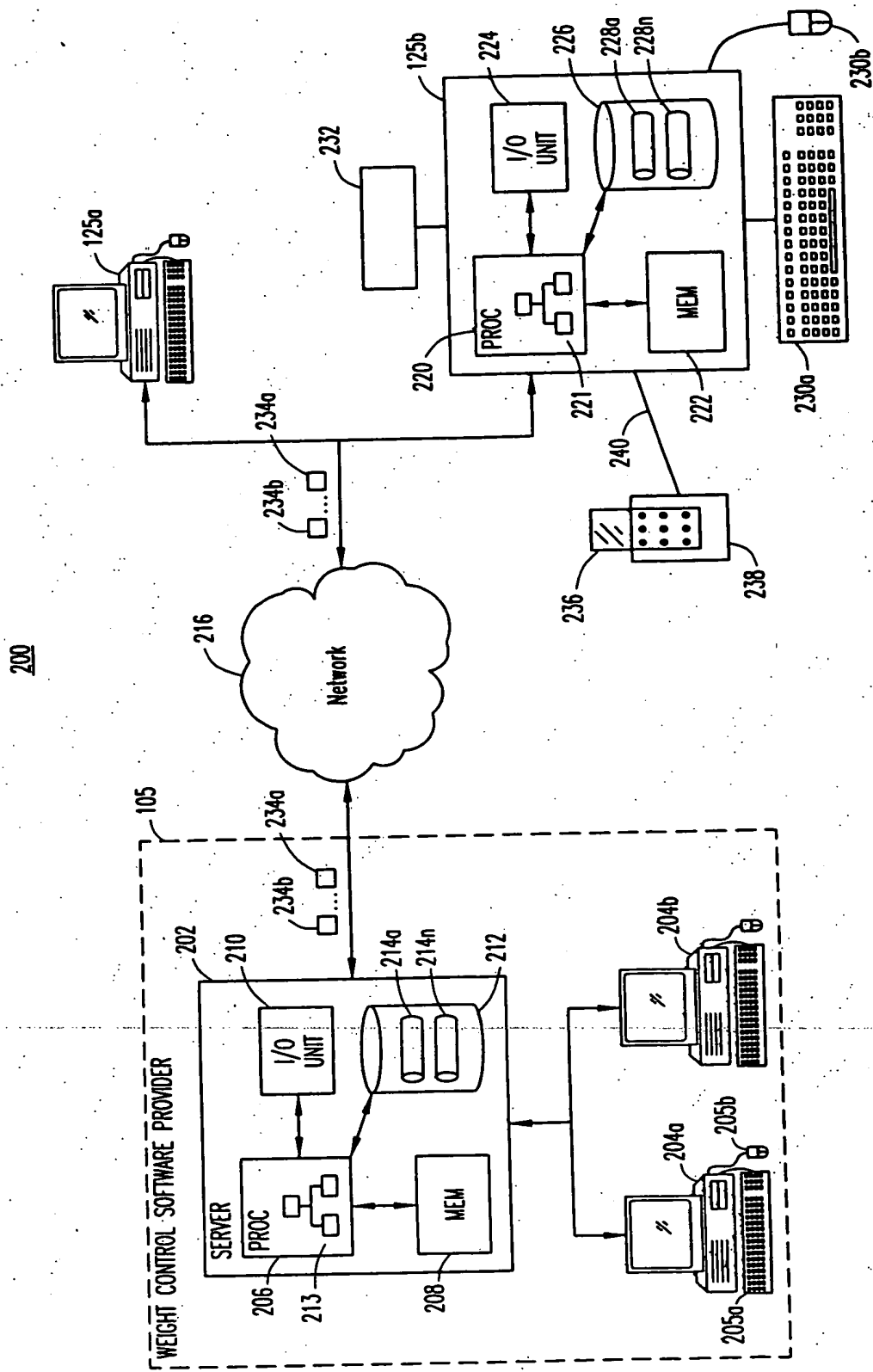


FIG. 2

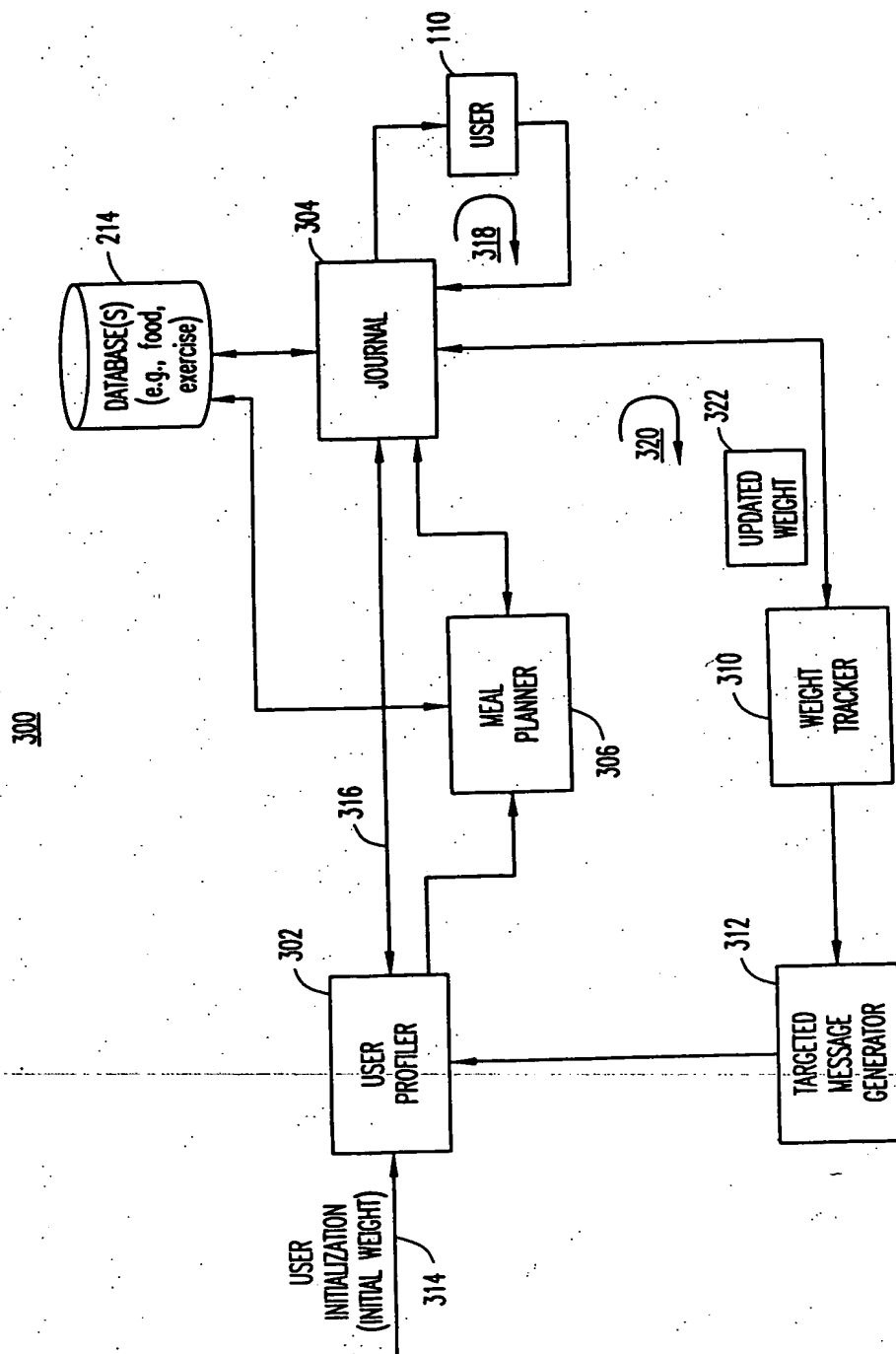


FIG. 3

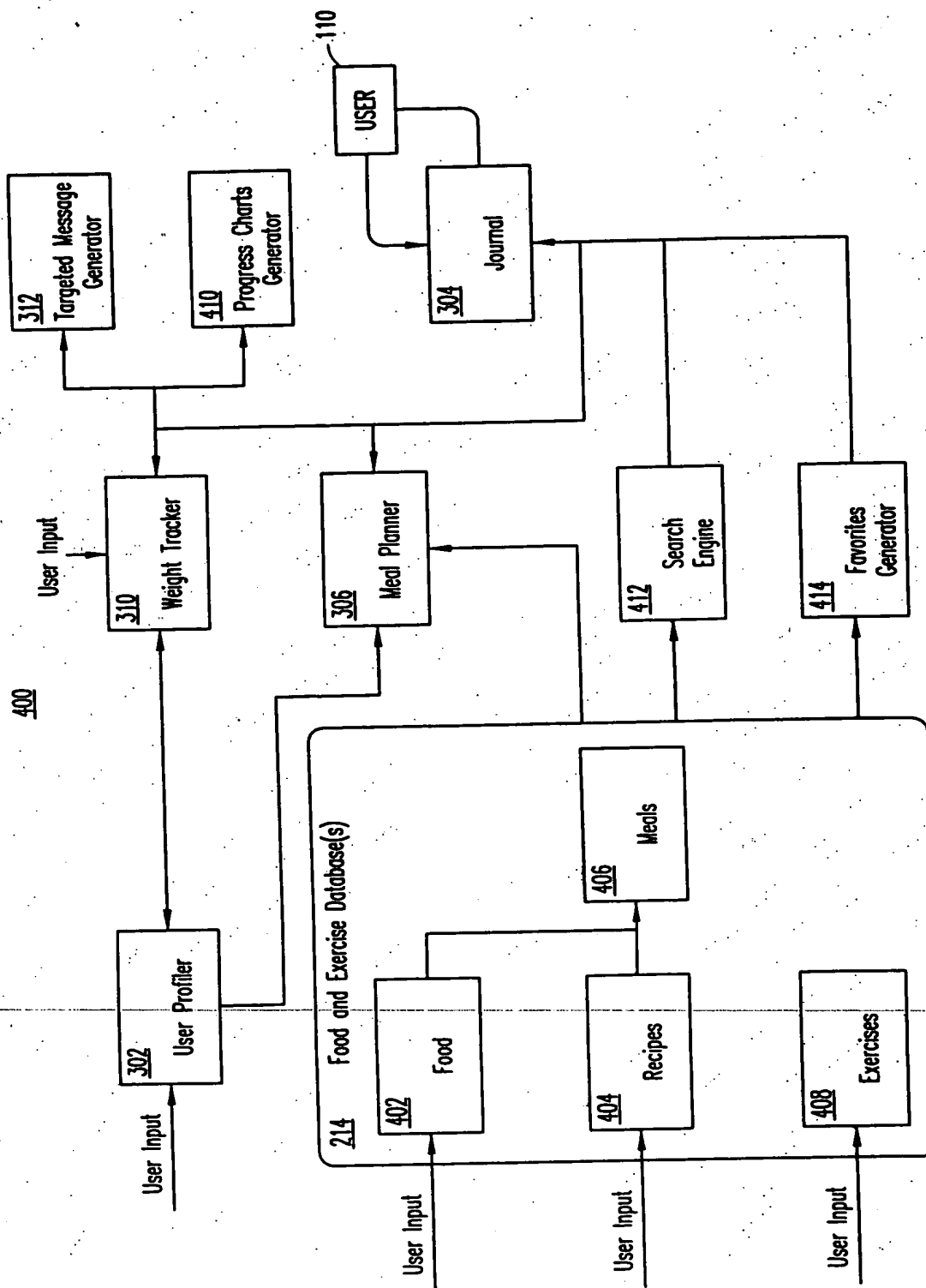


FIG. 4

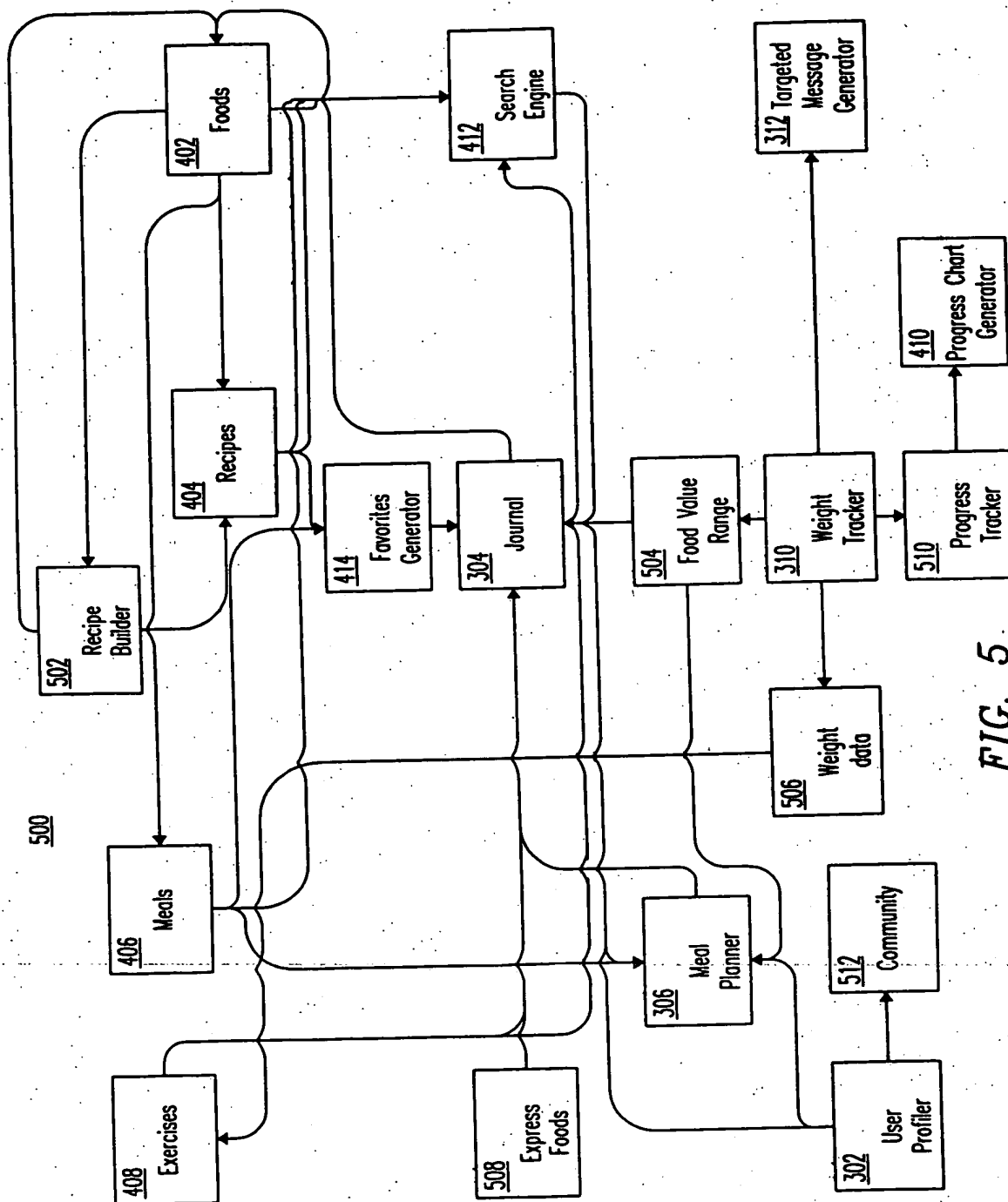


FIG. 5

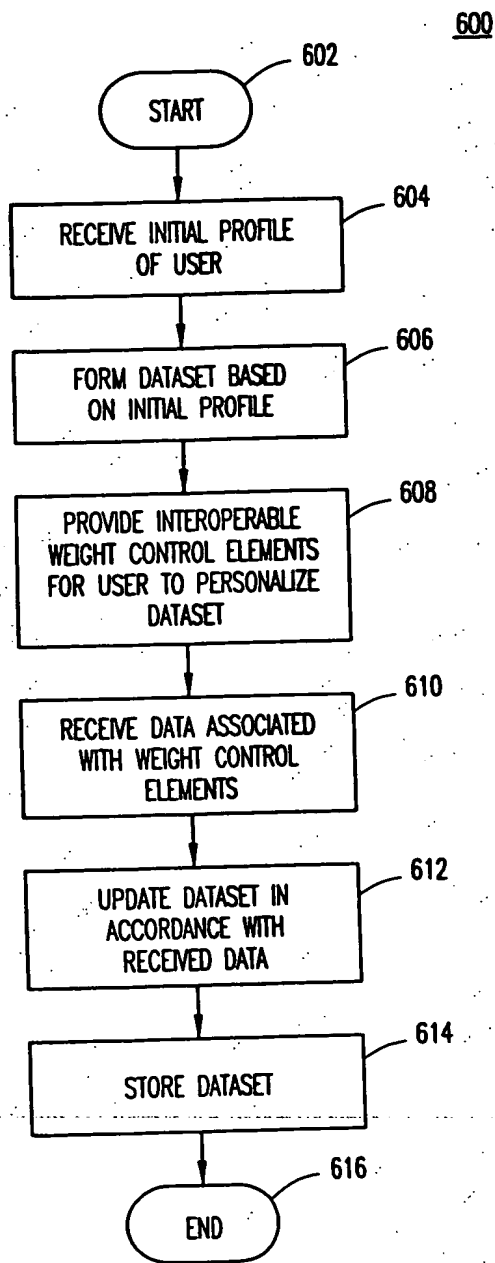


FIG. 6

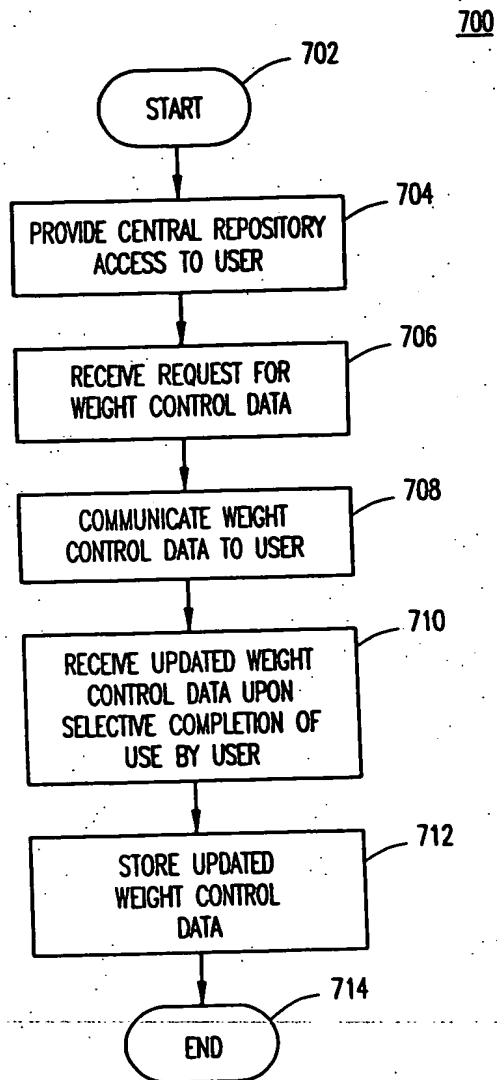


FIG. 7



8/28

806 home the plan community success stories food & recipes healthy life fitness just for me shop 804 LOGIN  
802 find a meeting about us my profile site map help  
808 Journal | Weight Tracker | Progress Charts | My Favorites | POINTS<sup>®</sup> Calculators | Assessment | Tools for Living  
826 panic

## step 6 of 6 confirm your information

Please confirm that all details you entered are correct. Click the "make changes" link below to make corrections

### Current Weight Information

Current Weight: 223lb  
Height: 5'8"  
Gender: M  
Birthdate: 7/14/1966

### Make changes to Weight Information

#### Personal Information

First name: John  
Last name: Smith  
Address: 1 MAIN St.  
City: Anytown  
State: NY  
Zip code home: 12345  
Zip code work: 12346  
Country: United States  
Phone: (212) 555-1234  
E-mail: jsmith@workplace.com

Receive Information: No  
E-mail Weight Loss Progress: No  
E-mail Format: text  
Profession: Professional (e.g., doctor, lawyer)  
Marital status: Single  
Number of children: 0  
Lifetime Member: 98765  
Meeting Member number: 98765

### Make changes to Personal Information

#### Payment Information

Credit Card: Visa  
Credit card number: \*\*\*\*\*1111  
Expiration date: 2/2002

Name as it appears on the card: John Q. Smith  
Billing Address: 1 MAIN St.  
City: Anytown  
State: NY  
Zip code: 12345

### Make changes to Payment Information

Total Subscription Charges for  
Monthly Fee: \$8.00 x 6 =: \$48.00  
Savings/Discount: \$0.00  
Taxes: \$0.00  
Total Charges: \$48.00

#### Other Characteristics

Attitude: Generally Happy  
Athletic: Yes  
Eye color: Blue  
Hair color: Brown

#### Other Demographics

Race: Caucasian  
Religion: Catholic  
Ethnicity: Irish  
Blood type: A+

#### Health Restrictions

None

#### Desired Meal Plan Type

Regular

FIG. 8

900a

FIG. 9

10/28

1000

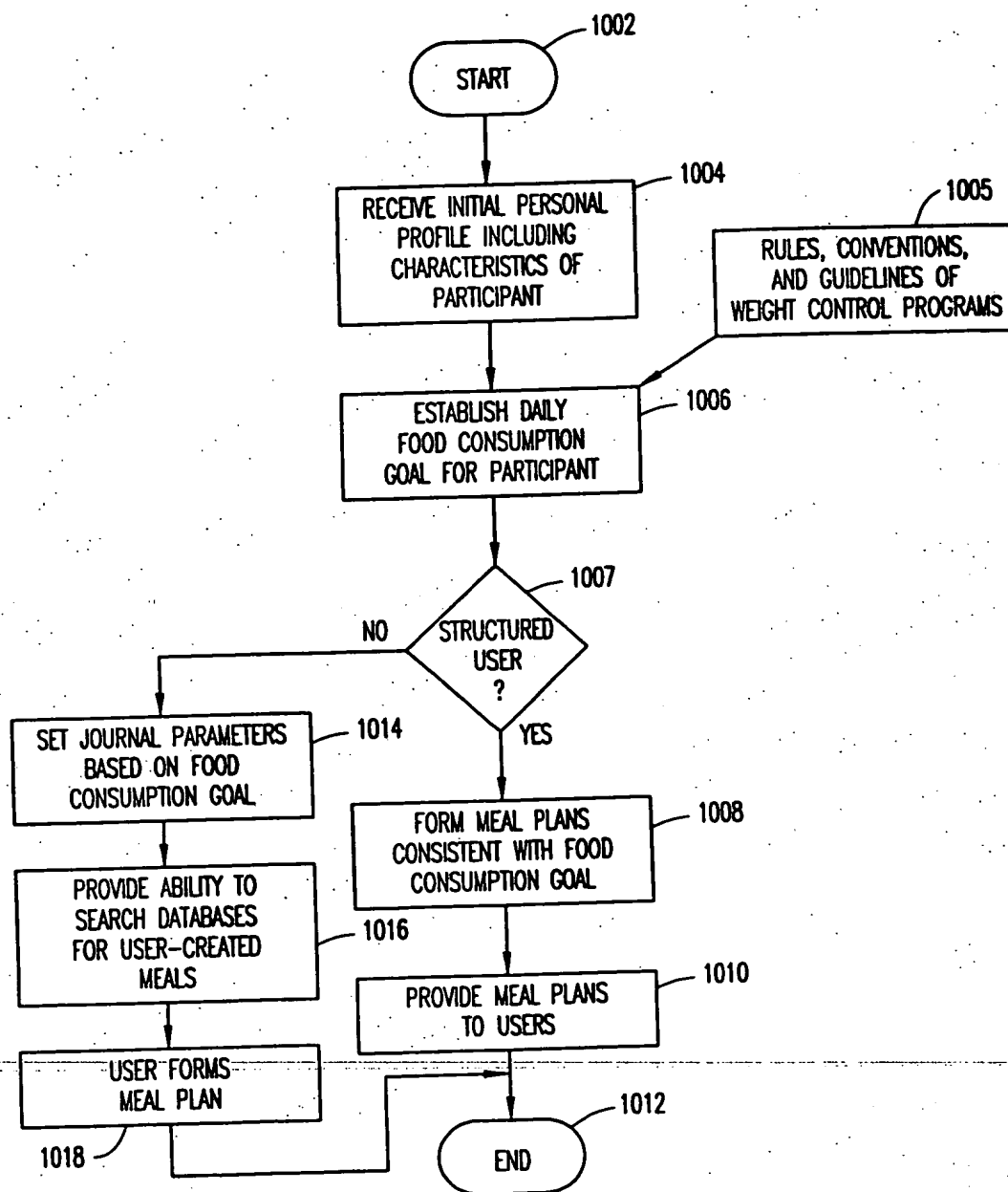


FIG. 10

11/28

900b

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**my journal** [Friday, Jan 25, 2002](#) [Target: 27](#) [Range: 22-27](#) [Bank: 3](#) [print day](#) [print blank journal](#) [user guide](#)

904b 906

**Add Food** **Add Exercise** **Notes** **Calendar**

Step 1: To add an exercise, you can either:

- Search our exercise database or [view all activities](#)
- Select a favorite: [Select from My Favorites](#) [ADD](#)
- Express It! Enter your food and its POINTS value:  
Food:  POINTS:  [ADD](#)

1104  [FIND](#) 1106

1102 [POINTS Calculator](#)

[Need Help? Go to the Journal User Guide](#) [Find tips from others on the eTools Tip Exchange](#)

<input type="checkbox"/> 3/4 cup cooked brown rice	3
<a href="#">MAKE THIS MEAL A FAVORITE</a>	Subtotal 8
<b>Snack</b>	
<input type="checkbox"/> 1 cup light artificially sweetened yogurt	2
<input type="checkbox"/> 1/2 cup sugar-free fruit flavored gelatin	0
<input type="checkbox"/> 2 Tbsp aerosol whipped cream	0
<input type="checkbox"/> 1 Tbsp sprinkles	1
<input type="checkbox"/> 3/4 oz chocolate chips	2
<a href="#">MAKE THIS MEAL A FAVORITE</a>	Subtotal 5
<b>Total Food POINTS used</b> 24	
<b>Total Food POINTS left for today</b> 3	
<b>Exercise</b>	
<input type="checkbox"/> 30 min walking, leisure	1
<b>Total Activity POINTS earned</b> 1	
Check off daily on these important items	
<input type="checkbox"/> Water	<input type="checkbox"/> Multivitamin Supplement

Internet

FIG. 11

12/28

900c

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Journal Weight Tracker Progress Charts My Favorites POINTS Calculators Assessment Tools for Living Intro to eTools

914 my journal Friday, Jan 25, 2002 Target: 27 Range: 22-27 Bank: 3 print day print blank journal user guide 906

Add Food Add Exercise Notes Calendar

Step 1: Select a meal time:

☒ Morning ☐ Midday ☐ Evening ☐ Snack

Step 2: To add food, you can either:

- Search our food database  FIND
- Select a favorite:   For Favorites
- Express it! Enter your food and its POINTS value:  
 Food:  POINTS:

☐ POINTS Calculator

Need Help? Go to the Journal User Guide Find tips from others on the eTools Tip Exchange

Calculate POINTS for recipes and food combos (e.g. coffee, milk & sugar)

View your meal plans

DELETE CHECKED ITEMS SAVE & BANK

Morning	
<input type="checkbox"/> 3 slice(s) crisp cooked bacon	4
<input type="checkbox"/> 2 large fried egg(s)	5
MAKE THIS MEAL A FAVORITE	Subtotal 9
Midday	
<input type="checkbox"/> 1 small serving(s) cooked lean beef steak	7
<input type="checkbox"/> 1 cup(s) fruit salad	2
MAKE THIS MEAL A FAVORITE	Subtotal 9
Evening	
	Subtotal 0
Snack	
	Subtotal 0
1102	Total Food POINTS used 18
	Total Food POINTS left for today 9
Exercise	
<input type="checkbox"/> 60 min jogging	7
	Total Activity POINTS earned 7
Check off daily on these important items	
Water 1204	Multivitamin Supplement
<input type="checkbox"/> Fruits & Vegetables 1206	<input type="checkbox"/> Milk & Milk Products
DELETE CHECKED ITEMS SAVE & BANK	

Internet

FIG. 12

900d

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**my journal** ◀ Friday, Jan 25, 2002 ▶ Target: 27 Range: 22-27 Bank: 0 906

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**914**

**904d**

**1302**

Add Food Add Exercise Notes Calendar

Click on any date below to view your journal entries for that specific day. To view a different month, click on the forward or back arrows.

Calendar Key

- Today's date
- The journal day you are viewing
- Your scheduled weight tracking day
- journal is complete: POINTS are banked!

Need Help? Go to the [Journal User Guide](#)

Find tips from others on the [eTools Tip Exchange](#)

**DELETE CHECKED ITEMS** **SAVE & BANK**

Total Food POINTS used		24
<b>Morning</b>		
<input type="checkbox"/> 3 slice(s) crisp cooked bacon		4
<input type="checkbox"/> 2 large fried egg(s)		5
<input type="checkbox"/> MAKE THIS MEAL A FAVORITE	Subtotal	9
<b>Midday</b>		
<input type="checkbox"/> 1 small serving(s) cooked lean beef steak		7
<input type="checkbox"/> 1 cup(s) fruit salad		2
<input type="checkbox"/> MAKE THIS MEAL A FAVORITE	Subtotal	9
<b>Evening</b>		
	Subtotal	0
<b>Snack</b>		
	Subtotal	0
Total Food POINTS used		18
Total Food POINTS left for today		9
<b>Exercise</b>		

Internet

FIG. 13

14/28

1400

806e

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meal plans

808c

## my 7-day meal plan

my shortcuts  
to weight loss tools.

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[view next week's plan](#)

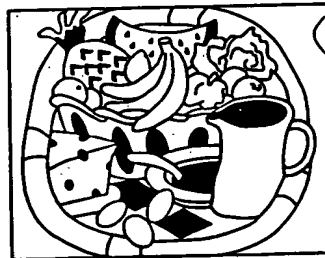
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[edit](#)

Jan 23 - Jan 29

[add plan to my journal](#)



	POINTS
<input checked="" type="checkbox"/> THURSDAY	23
<input checked="" type="checkbox"/> MORNING:	
Almond Apricot Flakes	6
<input checked="" type="checkbox"/> MIDDAY:	
Turkey Roll	5
<input checked="" type="checkbox"/> EVENING:	
Orange-Lemon Scallops	7
<input checked="" type="checkbox"/> SNACK:	
Throughout the Day	5

	POINTS
<input checked="" type="checkbox"/> SATURDAY	24
<input checked="" type="checkbox"/> MORNING:	
From the Coffee Shop	5
<input checked="" type="checkbox"/> MIDDAY:	
Grilled Swordfish	6
<input checked="" type="checkbox"/> EVENING:	
Indian Take-Out	8
<input checked="" type="checkbox"/> SNACK:	
On the Go	5

	POINTS
<input checked="" type="checkbox"/> MONDAY	23
<input checked="" type="checkbox"/> MORNING:	
Apricot Yogurt Sundae	5
<input checked="" type="checkbox"/> MIDDAY:	
Super Salad	6
<input checked="" type="checkbox"/> EVENING:	
Quick Bite Before	7
<input checked="" type="checkbox"/> SNACK:	
Crunchy Snacks	5

	POINTS
<input checked="" type="checkbox"/> WEDNESDAY	23
<input checked="" type="checkbox"/> MORNING:	
Cheese Omelet	6
<input checked="" type="checkbox"/> MIDDAY:	
Veggie Chili	5
<input checked="" type="checkbox"/> EVENING:	
Apricot Turkey Br...	7
<input checked="" type="checkbox"/> SNACK:	
Snacks and Treats	5

	POINTS
<input checked="" type="checkbox"/> FRIDAY	24
<input checked="" type="checkbox"/> MORNING:	
Yogurt Topped Fruit	5
<input checked="" type="checkbox"/> MIDDAY:	
Cheese & Broc...	6
<input checked="" type="checkbox"/> EVENING:	
Spicy Pork Sauté	8
<input checked="" type="checkbox"/> SNACK:	
Savory Snacks	5

	POINTS
<input checked="" type="checkbox"/> SUNDAY	24
<input checked="" type="checkbox"/> MORNING:	
Raisin Nut Flakes	6
<input checked="" type="checkbox"/> MIDDAY:	
Turkey Sandwich w...	5
<input checked="" type="checkbox"/> EVENING:	
Baked Beef Fajita	8
<input checked="" type="checkbox"/> SNACK:	
Sweets and Treats	5

	POINTS
<input checked="" type="checkbox"/> TUESDAY	24
<input checked="" type="checkbox"/> MORNING:	
Apple-Almond Topp...	6
<input checked="" type="checkbox"/> MIDDAY:	
Bacon & Grill...	5
<input checked="" type="checkbox"/> EVENING:	
Turkey-Squash St...	8
<input checked="" type="checkbox"/> SNACK:	
Sweet and Satty S...	5

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need help?

Learn more and answer questions in our meal plan user guide.

• [meal plan user guide](#)

• [meal planner profile](#)

Plan for Me-Plan

Special diet/Regular

POINTS range 22-27

• [edit meal plan profile](#)

• [about meal plans](#)

FIG. 14

my shortcuts [LOGOUT](#)  
to weight loss tools.

Welcome Kevin!  
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[Pick my avatars](#)

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my 7-day meal plan

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[next day](#) | [weekly view](#)

WED Jan 23 | 23 POINTS

[update my meal plan](#)

1504

☒ MORNING:

[Swap for another meal?](#)

POINTS

- [Cheese Omelet](#) 6
- ☐ 3 medium egg white(s) 1
- ☐ 1 tsp basil 0
- ☐ 1 oz low-fat cheddar or colby cheese 1
- ☐ 1 slice high-fiber bread 1
- ☐ 1 cup canned fruit cocktail, packed in water 1
- ☐ 1 cup low-fat milk 2

1502

☒ MIDDAY:

[Swap for another meal?](#)

POINTS

- [Veggie Chili](#) 5
- ☐ 1 cup Health Valley Mild Vegetarian Chili 2
- ☐ 1 cup fresh vegetable sticks 0
- ☐ 1 Tbsp reduced-calorie salad dressing 1
- ☐ 1 cup grapes 1
- ☐ 1 slice toasted wheat bread 1
- ☐ 1 Tbsp I Can't Believe It's Not Butter! Fat-Free Margarine 0

☒ EVENING:

[Swap for another meal?](#)

POINTS

- [Apricot Turkey Breast with Cinnamon Squash](#) 7
- ☐ 4 oz boneless, skinless turkey breast(s) 3
- ☐ 1 Tbsp apricot jam 1
- ☐ 1 tsp ground ginger 0
- ☐ 3/4 medium acorn squash 2
- ☐ 1/8 tsp ground cinnamon 0
- ☐ 1 Tbsp light butter 1
- ☐ 1 1/2 cup green snap beans 0

☒ SNACK:

[Swap for another meal?](#)

POINTS

- [Snacks and Treats](#) 5
- ☐ 1 cup 0-POINT soup 0
- ☐ 1 cup fresh vegetable sticks 0

need help?

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1500b

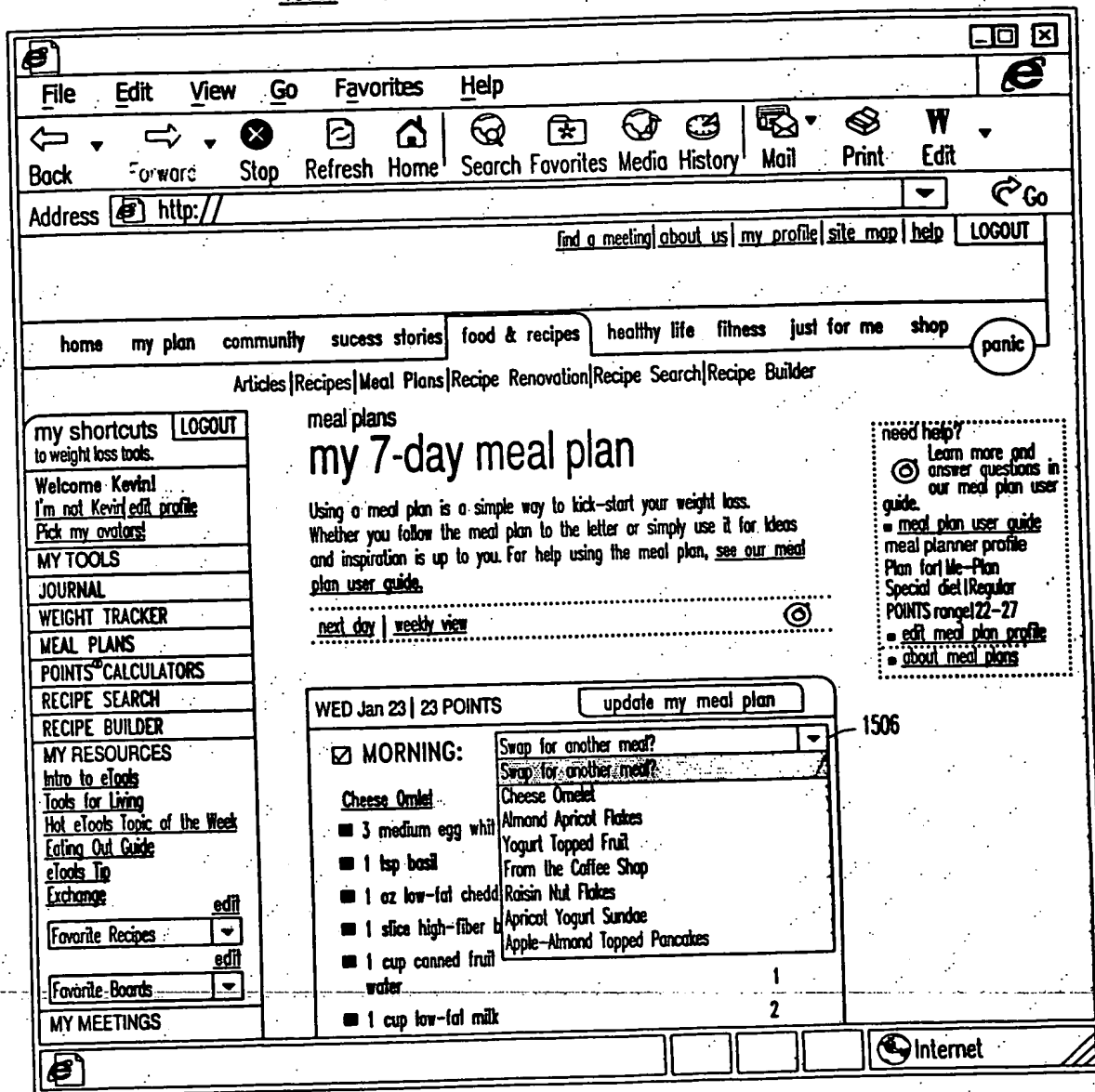


FIG. 15B

900e

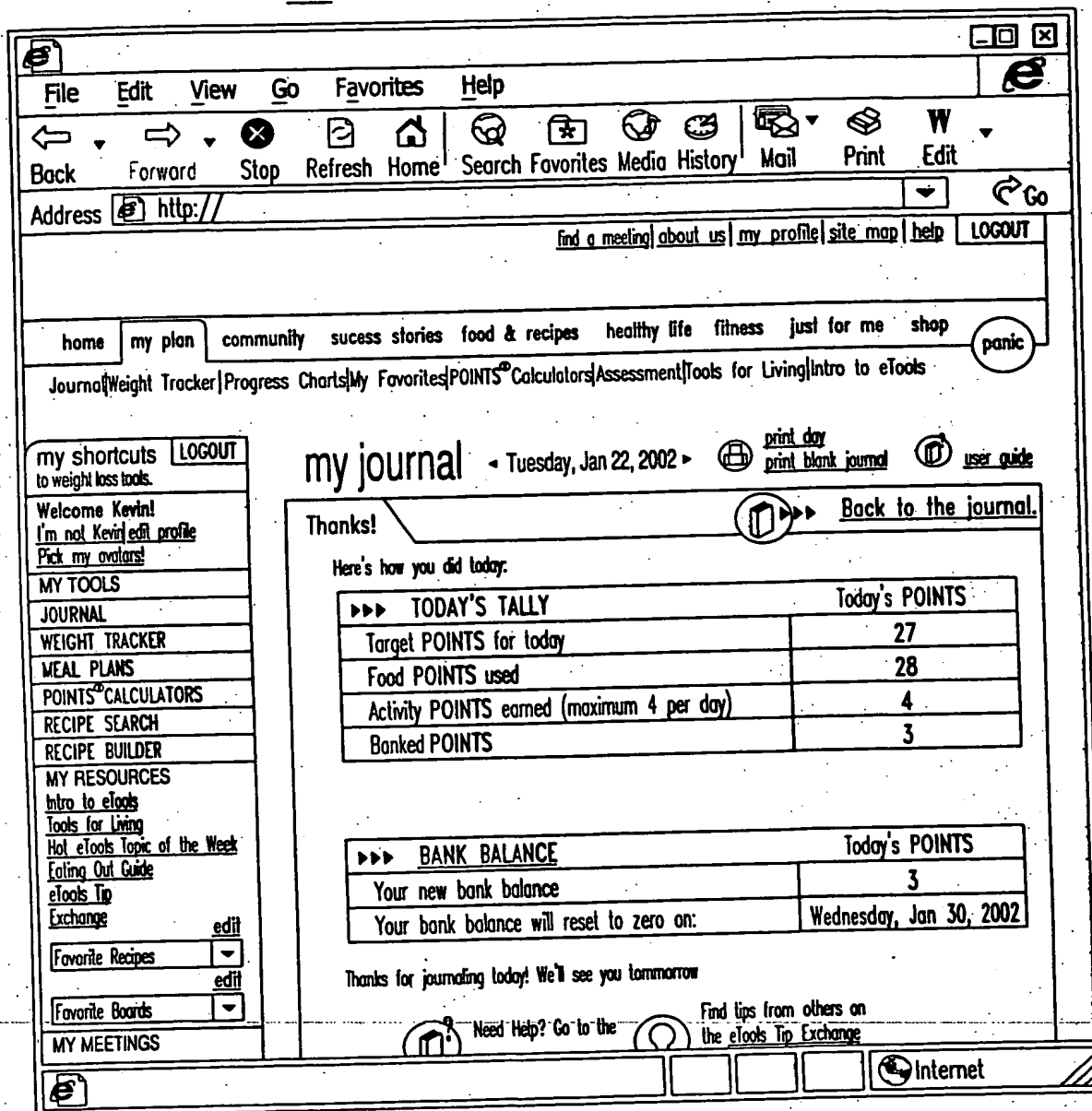


FIG. 16A

900f

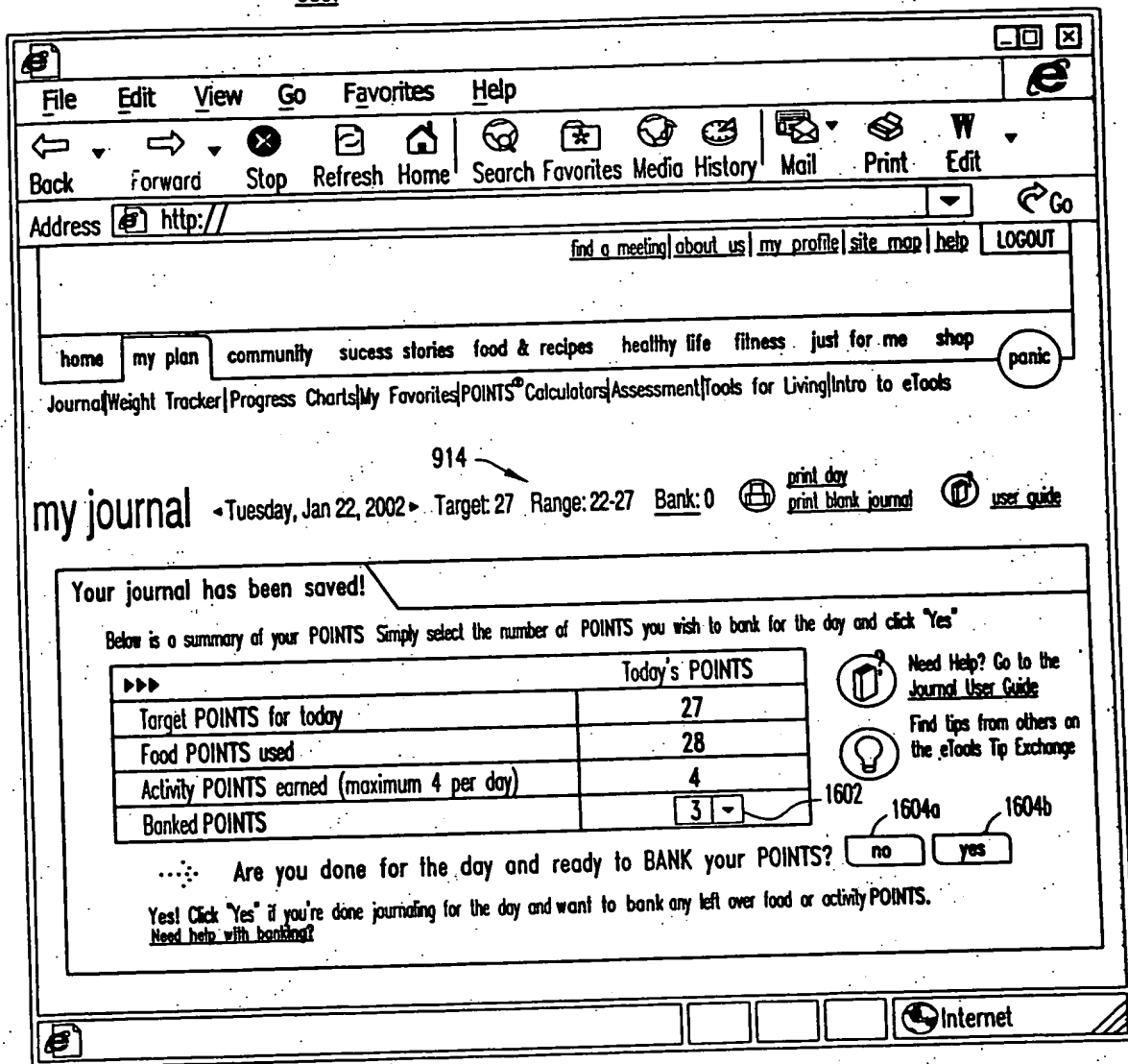


FIG. 16B

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#### recipes

## results of search or browse

Search Details: Keywords: chicken. Points Range: 5 to 7

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[FIND](#)

Search Keywords:

POINTS range:  to

[FIND](#)

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1702

#### Recipe, POINTS per serving

[Apple Braised Chicken](#), 5  
[Baked Chicken with Sun dried Tomato Sauce](#), 5  
[Barbecue Chicken and Black Bean Pizza](#), 7  
[Bosque Chicken](#), 7  
[Chicken and Dumplings](#), 5  
[Chicken and Sausage Gumbo](#), 6  
[Chicken Burritos](#), 5  
[Chicken Enchiladas](#), 7  
[Chicken Fajitas](#), 6  
[Chicken Fingers with Barbecue Sauce](#), 5  
[Chicken in Apricot Sauce](#), 5  
[Chicken Jambalaya](#), 6  
[Chicken Mole Wraps](#), 7  
[Chicken Paella](#), 7  
[Chicken Parmigiana Sandwich](#), 6  
[Chicken Poppers](#), 6  
  
[Chicken Pot Pie](#), 6  
[Chicken Salad in Whole-Wheat Bread Bowl](#), 5  
[Chicken Sauté with Pine Nuts](#), 6  
[Chicken Stewed with Artichokes and Tomatoes](#), 5

#### Course

Main Meals  
Main Meals  
Main Meals  
Main Meals  
Main Meals  
Main Meals, Soups  
Main Meals  
Main Meals  
Main Meals  
Main Meals  
Main Meals  
Main Meals  
Main Meals  
Main Meals  
Main Meals  
Sandwiches  
Main Meals, Side  
Dishes

#### Time

55 min  
30 min  
30 min  
45 min  
40 min  
33 min  
37 min  
60 min  
25 min  
22 min  
45 min  
50 min  
31 min  
330 min  
35 min  
20 min  
  
65 min  
20 min  
25 min  
50 min

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FIG. 17

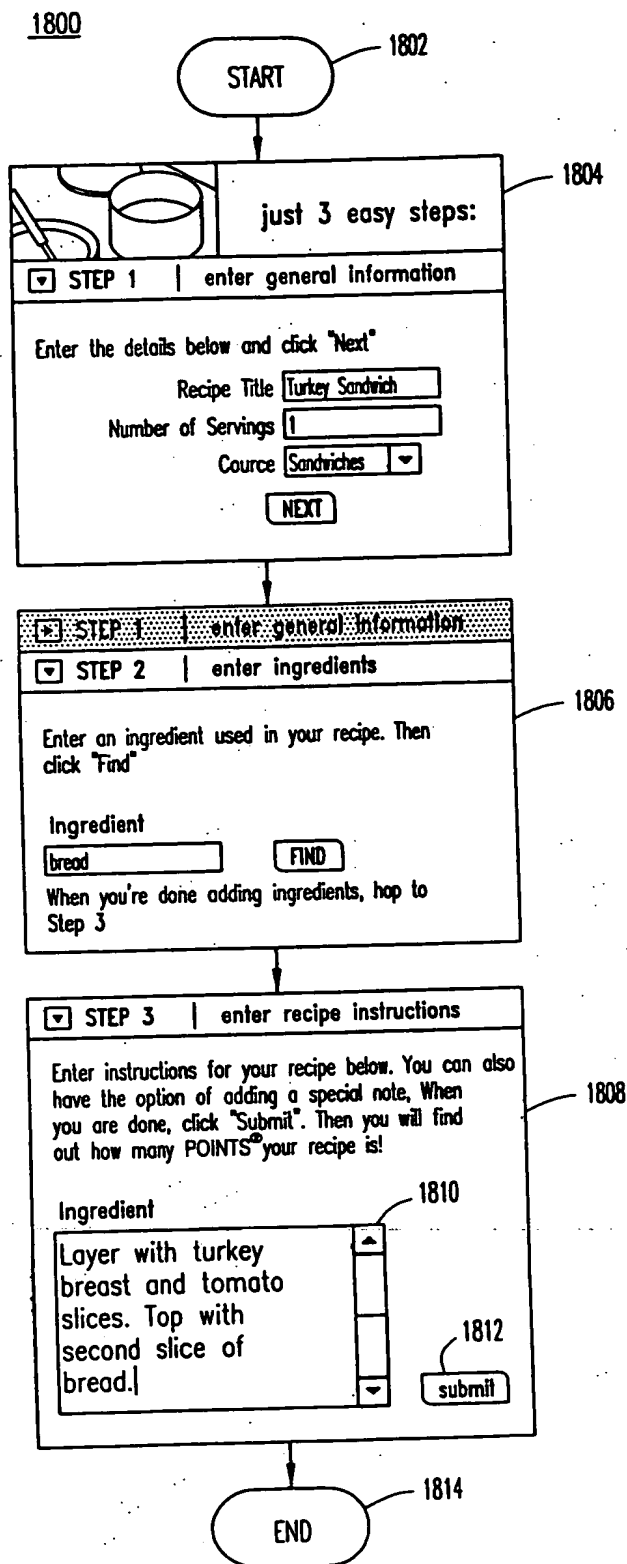


FIG. 18

806b

1900

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808b

weight tracker

Wednesday, January 16, 2002

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Total weight loss

 10.0 LBS.

Most recent weight: 221.6lbs on 1/14/2002

POINTS Range: 22-27


Meeting day: Monday

1902

Milestones

5

Thank You

 VIEW PROGRESS CHARTS


Thank you for logging your weight this week!

Please return next Monday to log your weight.

Share stories on [Tales from the Scale](#)

ENTER PREVIOUS WEIGHT


health & safety



we put your health and safety first. Learn about how your weight and weight-loss efforts can affect your health.

- What's your BMI
- Effects of Rapid Weight Loss


getting to weight goal



Whether you lost big this week or were a little disappointed, remember to take time out to get inspired all over again.

- 18 Ways to Reward Yourself
- Create a Motivating Strategy

learn more, weigh less



Make the scale your friend each week by getting tips from weight-loss experts and fellow dieters alike!

- The Great Weigh-In
- 20 Weight Loss Tips (from Real Meeting-Goers!)

weight loss profile

- Main
- View & Edit Weights
- Enter Previous Weights
- Additional Information

Beyond the scale

Get a better grip on your weight-loss success the next time you carry groceries. Click the pounds to see what you'd have to lift.

1lb | 5lb | 10lb | 25lb

4 sticks of butter

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FIG. 19

22/28

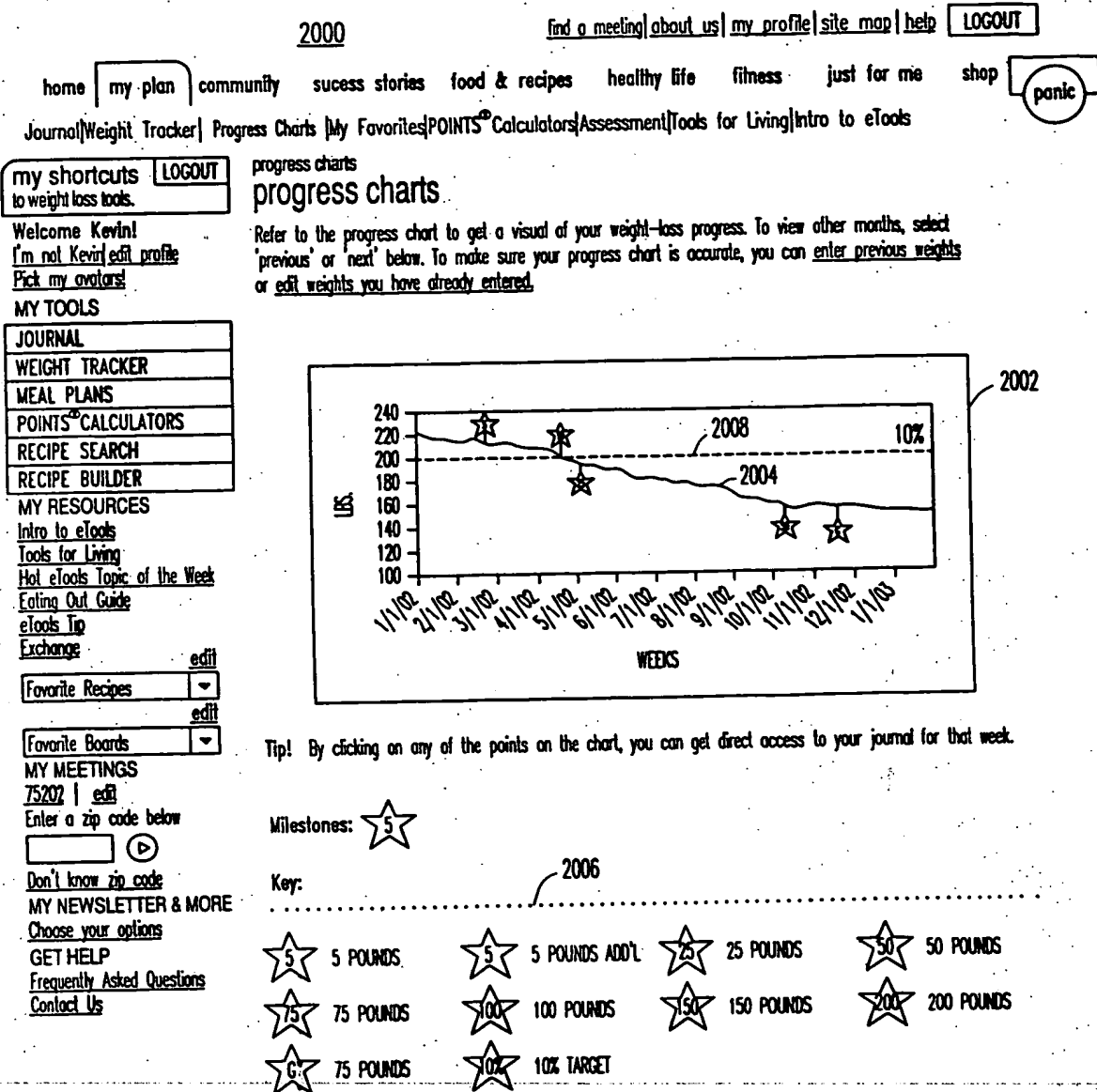


FIG. 20

2100

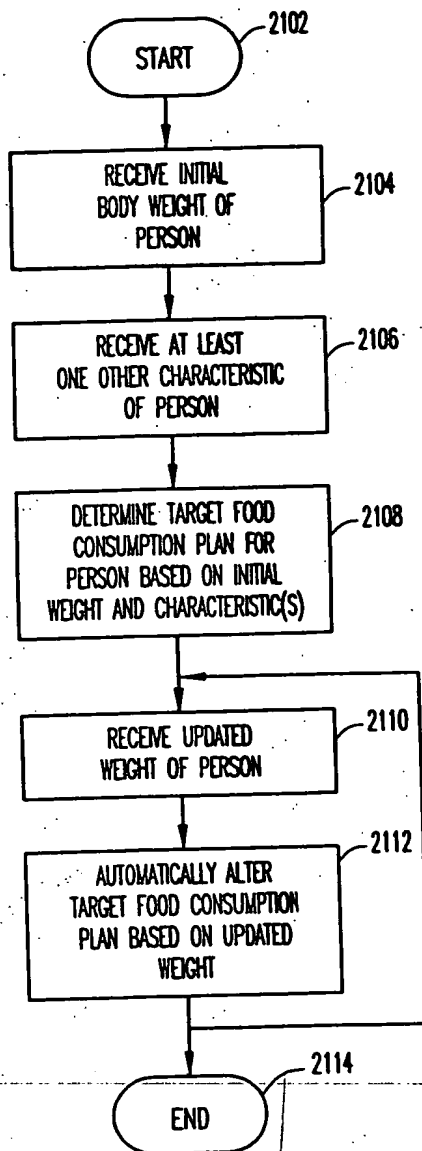


FIG. 2





The screenshot shows a web browser window with the following elements:

- Browser Interface:** Includes a menu bar (File, Edit, View, Go, Favorites, Help), a toolbar with navigation buttons (Back, Forward, Stop, Refresh, Home, Search, Favorites, Media, History, Mail, Print, Edit), and an address bar showing 'http://'. Navigation links at the top include 'find a meeting', 'about us', 'my profile', 'site map', 'help', and a 'LOGOUT' button.
- Navigation Bar:** Contains links for 'home', 'my plan', 'community', 'success stories', 'food & recipes', 'healthy life', 'fitness', 'just for me', and 'shop'. A 'panic' button is also present.
- Sidebar (Left):**
  - my shortcuts:** Includes 'to weight loss tools', 'Welcome Kevin!', 'I'm not Kevin! edit profile', and 'Pick my avatar!'. A 'LOGOUT' button is at the top right of this section.
  - MY TOOLS:** Includes 'JOURNAL', 'WEIGHT TRACKER', 'MEAL PLANS', 'POINTS<sup>®</sup> CALCULATORS', 'RECIPE SEARCH', 'RECIPE BUILDER', and 'MY RESOURCES'.
  - MY RESOURCES:** Includes 'Intro to eTools', 'Tools for Living', 'Hot eTools Topic of the Week', 'Eating Out Guide', 'eTools Tip', and 'Exchange'.
  - MY MEETINGS:** Includes '75202 | edit', 'Enter a zip code below', and a 'Don't know zip code' link.
  - MY NEWSLETTER & MORE:** Includes 'Choose your options', 'GET HELP', 'Frequently Asked Questions', and 'Contact Us'.
- Main Content Area:**
  - my profile** and **edit public profile** headers.
  - A dropdown menu: 'Select another page in my profile...'.
  - Text: 'Your public profile lets others using the site learn about you. To make a detail appear in your profile, check the "Add to public profile" box. You can also enter fun details, such as your favorite quote, below. When you are done, click "Submit."'.
  - Text: 'Important: Any information you can consent to being publicly available can be seen by any user on this website. [Learn more about public profiles.](#)'.
  - Form Fields:**
    - make public:** A vertical list of checkboxes. The first checkbox is checked and labeled '2304'. The others are unchecked.
    - User name:** John Smith
    - E-mail address:** jsmith@workplace.com
    - Birthdate:** 07/14/66
    - Gender:** Male
    - Marital status:** Single
    - Number of children:** 0
    - Profession:** Professional (e.g. doctor, lawyer)
    - Astrological sign:** Cancer
    - My home page:** http://www.workplace.com
    - Astrological sign:** Beam me up, Scottie (with a scrollable dropdown menu)
  - Submit button:** Labeled '2302'.
- Footer:** A status bar at the bottom shows 'Internet' and a '2306' label near a 'submit' button.

FIG. 23

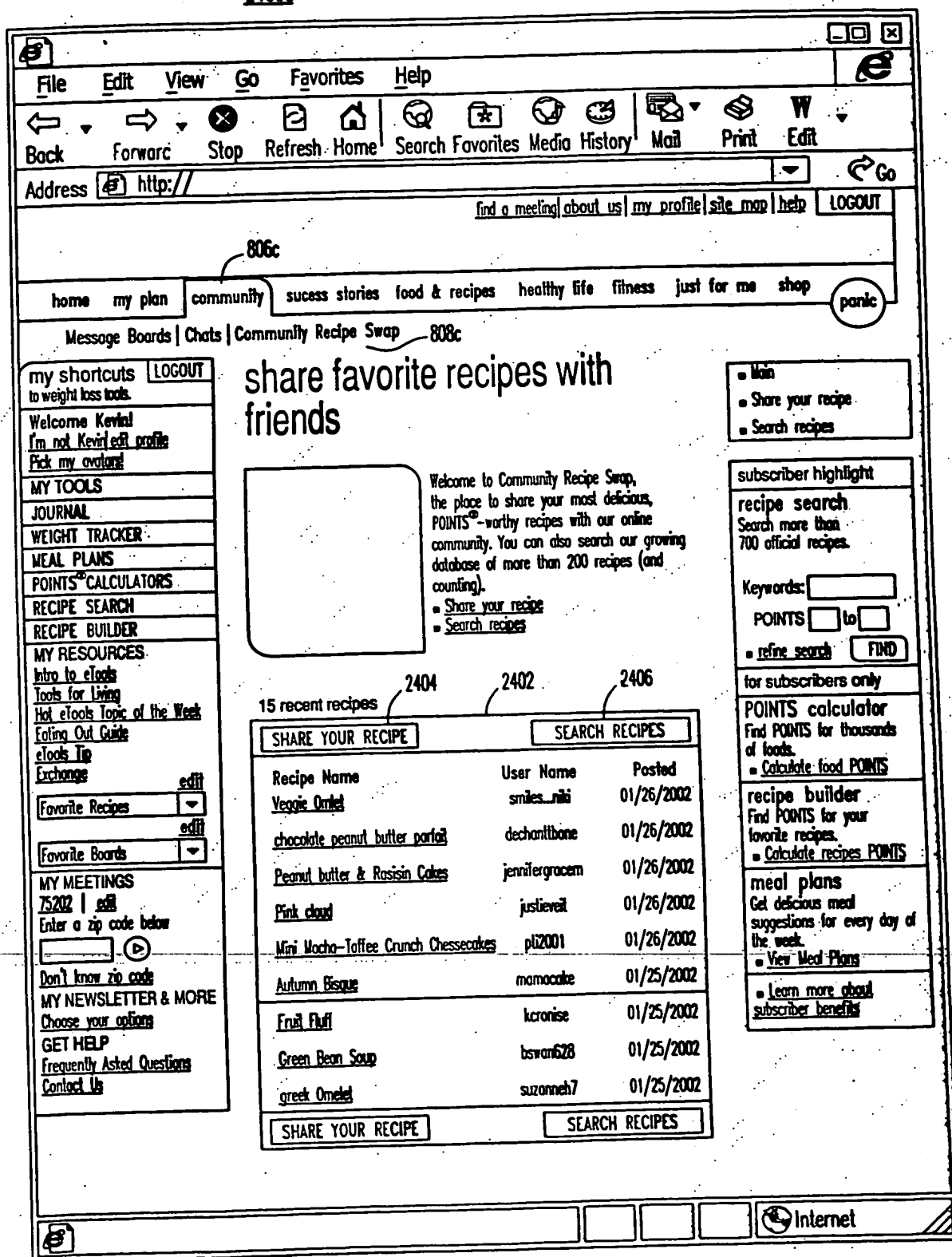


FIG. 24A

File Edit View Go Favorites Help

Back Forward Stop Refresh Home Search Favorites Media History Mail Print Edit

Address <http://>

[find a meeting](#) [about us](#) [my profile](#) [site map](#) [help](#) [LOGOUT](#)

home my plan **community** success stories food & recipes healthy life fitness just for me shop

Message Boards | Chats | Community Recipe Swap

my shortcuts [LOGOUT](#)  
to weight loss tools

Welcome Kevin!  
[I'm not Kevin](#) [edit profile](#)  
[Pick my avatars!](#)

MY TOOLS  
JOURNAL  
WEIGHT TRACKER  
MEAL PLANS  
POINTS<sup>®</sup> CALCULATORS  
RECIPE SEARCH  
RECIPE BUILDER  
MY RESOURCES  
[Intro to eTools](#)  
[Tools for Living](#)  
[Hot eTools Topic of the Week](#)  
[Eating Out Guide](#)  
[eTools Tip](#)  
[Exchange](#) [edit](#)  
[Favorite Recipes](#) [edit](#)  
[Favorite Boards](#) [edit](#)  
MY MEETINGS  
[75202](#) | [edit](#)  
Enter a zip code below  
[Don't know zip code](#)  
MY NEWSLETTER & MORE  
[Choose your options](#)  
GET HELP  
[Frequently Asked Questions](#)  
[Contact Us](#)

community recipe swap

## share your recipe

Sharing your personal recipes is easy! To swap your recipe, simply fill in the details below and click "Submit." Why not include a special note letting others know why you love the recipe and how it's helped you stick to your POINTS<sup>®</sup>.

IMPORTANT: You should only swap your personal recipes and not recipes that are someone else's or that you copied from publications such as cookbooks or magazines.

Recipe Title:

From the Kitchen of:

Number of Servings:

Estimated POINTS per serving:

Ingredients:

Instructions:

Special Notes:

[RESET](#) [SUBMIT](#)

Internet

FIG. 24B

The screenshot shows a web browser window with a menu bar (File, Edit, View, Go, Favorites, Help) and a toolbar with icons for Back, Forward, Stop, Refresh, Home, Search, Favorites, Media History, Mail, Print, and Edit. The address bar shows 'http://'. The main content area is titled 'community recipe swap' and features a 'share your recipe' section. On the left, there is a sidebar with links to 'my shortcuts', 'MY TOOLS', 'JOURNAL', 'WEIGHT TRACKER', 'MEAL PLANS', 'POINTS CALCULATORS', 'RECIPE SEARCH', 'RECIPE BUILDER', 'MY RESOURCES', 'MY MEETINGS', and 'MY NEWSLETTER & MORE'. The right sidebar contains links to 'Main', 'Share your recipe', 'Search recipes', 'recipe search', 'subscriber highlight', 'POINTS calculator', 'recipe builder', 'meal plans', and 'Learn more about subscriber benefits'. The central area includes a 'browse recipes' section with a dropdown menu set to 'All' and a 'FIND' button. Below this is a 'search' section with radio buttons for 'recipe name' and 'user name', an 'Enter Name' field, and a 'FIND' button. A 'refine search' section follows, with a text box for 'Estimated POINTS' and a 'Range' field. A 'Meal Course' section lists various food categories with checkboxes. At the bottom, there is a 'Posting Date' section with a dropdown menu set to 'All Dates' and a 'FIND' button. The browser's status bar at the bottom shows 'Internet'.

File Edit View Go Favorites Help

Back Forward Stop Refresh Home Search Favorites Media History Mail Print Edit

Address <http://> [find a meeting](#) [about us](#) [my profile](#) [site map](#) [help](#) [LOGOUT](#)

home my plan **community** success stories food & recipes healthy life fitness just for me shop [panic](#)

Message Boards | Chats | **Community Recipe Swap**

community recipe swap

share your recipe

Browse or search more than 2000 user-recommended recipes below.

browse recipes [All](#) [FIND](#)

search Search by: ☐ recipe name ☐ user name

Enter Name:  [FIND](#)

refine search

Search for any combination of categories below. The more options you choose, the more refined your search will become.

Estimated POINTS

Range:  to

Meal Course

☐ Beverages ☐ Light Meals ☐ Side Dishes

☐ Breakfast ☐ Main Meals ☐ Snacks

☐ Cakes ☐ Sandwiches ☐ Soups

☐ Desserts ☐ Sauces

Posting Date

Search for recipes posted in the last [All Dates](#)

[FIND](#)

my shortcuts [LOGOUT](#)

to weight loss tools

Welcome Kevin!  
[I'm not Kevin!](#) [edit profile](#)  
[Pick my avatar!](#)

MY TOOLS

JOURNAL

WEIGHT TRACKER

MEAL PLANS

POINTS CALCULATORS

RECIPE SEARCH

RECIPE BUILDER

MY RESOURCES

[Intro to eTooks](#)

[Tools for Living](#)

[Hot eTook Topic of the Week](#)

[Eating Out Guide](#)

[eTook Tip](#)

[Exchange](#) [edit](#)

[Favorite Recipes](#) [edit](#)

[Favorite Boards](#) [edit](#)

MY MEETINGS

[75202](#) [edit](#)

Enter a zip code below

[Go](#)

[Don't know zip code](#)

MY NEWSLETTER & MORE

[Choose your options](#)

GET HELP

[Frequently Asked Questions](#)

[Contact Us](#)

recipe search

Find what you're craving

Search more than 700 official recipes.

[Go to Recipe Search](#)

[Learn more about subscriber benefits](#)

subscriber highlight

for subscribers only

POINTS calculator

Find POINTS for thousands of foods.

[Calculate food POINTS](#)

recipe builder

Find POINTS for your favorite recipes.

[Calculate recipe POINTS](#)

meal plans

Get delicious meal suggestions for every day of the week.

[View Meal Plans](#)

[Learn more about subscriber benefits](#)

Internet

FIG. 24C